

The Latest in Clinical Nutrition

by Peggy Robinson

Have you ever wondered what is the real truth about some of those wild health claims for certain products? For example, is Mangosteen juice bad for our bank accounts but great for our bodies? Does an apple a day really keep the doctor away? What is the number one anti-cancer vegetable? What about Airborne© supplements? Do they actually stop a cold? How many hours of sleep is optimal? Is there really a food dye made out of crushed bugs?

Now we can have a better understanding of these types of claims and many others through the latest research in clinical nutrition. Each year, [Michael Greger, M.D.](#), researches about 5,000 articles published that year in the field of human nutrition and compiles all the results on a DVD in a fun and easy-to-understand quiz show format. This year it is packed full of eye-opening results in a 3 hour DVD. He covers 114 different topics and looks at the balance of evidence when evaluating a health claim. That is important to me. I want to know if the research comes from a couple of guys who did their study over the weekend or if it is a well designed, well executed study conducted by highly qualified people. I also want to know who has funded the research.

Let's consider just one of the topics covered on [Dr. Greger's DVD](#). Is there scientific evidence that just one apple a day has significant, measurable benefits? We know the current recommendation for fruits and vegetables is 9 servings per day, so can a single apple really do anything? Is this fact or fiction? It turns out to be fact.

A major recent review found that those eating one or more apples a day had less risk of oral cancer, less cancer of the larynx, less breast cancer, less colon cancer, less kidney cancer, and less ovarian cancer. This makes sense given the research showing Red Delicious apple skins have potent antioxidant and anti-proliferative effects on human cancer cells in the petri dish. The higher the apple concentration, the more

the growth of cancer cells dropped as compared to the control. The apples seem to work best against estrogen receptor negative breast cancer which is much harder to treat than estrogen receptor positive breast cancer.

How do apples do what they do? They appear to block cancer growth at all stages. I don't know about you, but I plan to eat at least one Delicious apple a day!

Many kids are told not to eat the bruised (brown) part of the apple. Is this

Does an apple a day really keep the doctor away?



Is there scientific evidence that just one apple a day has significant, measurable benefits?

fact or fiction? Fact, as it turns out. Patulin is a mycotoxin that is produced by a fungus infecting apples and can cause those characteristic brown patches. If patulin is a human carcinogen (not yet determined) it is probably a pretty weak one. So the concern is not so much with apples, because we can cut away the brown parts, but rather with apple juice. Companies can get away with using fallen, rotten, moldy apples and we would never know unless researchers started testing apple juice for the presence of the fungal toxin. This research showed that in countries around the world, patulin levels in apple juice, in many cases, exceeded the World Health Organization's safety guidelines.

Apple juice remains the number one source of fruit served to toddlers in many countries. It is better to consume apples than commercial apple juice. Or you could juice your own apples (minus the brown parts). If

you are going to purchase commercial apple juice, it is best to choose organic as none of the organic apple juice samples exceeded the safety limits.

I have personally benefited from Dr. Greger's many years of research after first becoming aware of it in 2005. Not many of us have the time to go to the Library of Congress and seek out this information! I appreciate his work and have put into practice much of what I have learned.

Dr. Greger serves as the Director of Public Health and Animal Agriculture at the Humane Society of the United States. He donates 100% of the profits from the DVD's to charity. You can purchase your copy of the 2009 Latest in Clinical Nutrition for \$20 by going to DrGreger.org. While you are there you can also get his reports for 2008 and 2007. It is well worth your investment and time.

